|  |  |
| --- | --- |
| Worry Board  Write, draw, jot down what you are worried about. Decide a time of day when you will think about this worry and with who, each day. Set a time limit e.g.20 minutes. When the 20 minutes is up, put the worries away for the next day. | |
|  | Time when we will problem solve worries each day:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Length of time we will problem solve for:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |